

Gr 8 Boys - Stage 1 Run 2008/09			Gr 8 Boys - Stage 2 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Derrick Locquiao	3:20	1	Cody Nguyen	4:24
2	Jamal Warsame	3:28	2	Bryce Lazar	4:25
3	Jake Kearns	3:30	3	Marco Brum	4:27
4	Bryce Lazar	3:30	4	Ibrahim Shikh-Hussin	4:31
5	Cody Nguyen	3:31	5	Derrick Locquiao	4:36
6	Shareef Morrow	3:36	6	James Lactin	4:43
7	William Ward	3:36	7	Aaron St. James	4:47
8	Ibrahim Shikh-Hussin	3:40	8	Ahmed Hassoun	4:49
9	James Lactin	3:47	9	Jamal Warsame	4:54
10	Mike Clair	3:47	10	Amaurio Gomez / Mauricio Gomez	4:54
Gr 8 Boys - Stage 3 Run 2008/09			Gr 8 Boys - Stage 4 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Jake Kearns	5:15	1		
2	Cody Nguyen	5:17	2		
3	Bryce Lazar	5:20	3		
4	Ibrahim Shikh-Hussin	5:35	4		
5	James Lactin	5:40	5		
6	Marco Brum	5:52	6		
7	William Ward	5:55	7		
8	Sameer	5:57	8		
9	Ahmed Hassoun	6:04	9		
10	Maxwell Livingstone	6:15	10		
Gr 8 Boys - Stage 5 Run 2008/09			Gr 8 Boys - Push ups 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>
1			1	James Lactin	53
2			2	Cody Nguyen	47
3			3	Ibrahim Shikh-Hussin	41
4			4	Samer Markas	40
5			5	Shareef Morrow	40
6			6	William Thammavong	40
7			7	Maxwell Livingstone	38

8			8	Steevan Khushaba	35	
9			9	Ahmed Hassoun	31	
10			10	Will Ward	28	
	Gr 8 Boys - Sit ups - 1 min	2008/09		Gr 8 Boys - Chin ups	2008/09	
	<u>Name</u>	<u>Numbe</u>		<u>Name</u>	<u>Number</u>	
1	Shareef Morrow	49	1			
2	Maxwell Livingstone	48	2			
3	Sameer Markas	45	3			
4	Ibrahim Shikh-Hussin	44	4			
5	Cody Nguyen	43	5			
6	Mark Batin	40	6			
7	Dennis Cho	40	7			
8	Ahmed Hassoun	39	8			
9	William Thammavong	38	9			
10	Austin Barbor / Abdul Ahaja	38	10			

	Gr 8 Girls - Stage 1 Run	2008/09			Gr 8 Girls - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1	Kelsey Deros	3:44		1			
2	Dana Dimacali	3:45		2			
3	Mariah Mitchell	4:04		3			
4	Katie Styles	4:16		4			
5	Caneil Spence	4:18		5			
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	Gr 8 Girls - Stage 3 Run	2008/09			Gr 8 Girls - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
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	Gr 8 Girls - Stage 5 Run	2008/09			Gr 8 Girls - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Number</u>	
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	Gr 8 Girls - Sit ups - 1 min	2008/09			Gr 8 Girls - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>			<u>Name</u>	<u>Number</u>	
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	Gr 9 Boys - Stage 1 Run	2008/09		Gr 9 Boys - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Isaac Bernard	3:17	1	Nick Brown	3:59	
2	Kody Miller	3:18	2	Aaron Sarcos	4:02	
3	Mathew Knees	3:41	3	David Kim	4:10	
4			4	Reng Deng	4:14	
5			5	Mathew Knees	4:20	
6			6	Nino Roco	4:22	
7			7	Marco Brum	4:27	
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9			9			
10			10			
	Gr 9 Boys - Stage 3 Run	2008/09		Gr 9 Boys - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Josiah Friesen	4:32	1			
2	Nick Brown	4:57	2			
3	Aaron Sarcos	5:04	3			
4	Kody Miller	5:20	4			
5	David Kim	5:26	5			
6	Mathew Knees	5:26	6			
7	Israaz Bhatti	5:31	7			
8	Nino Roco	5:31	8			
9	Reng Deng	5:39	9			
10			10			
	Gr 9 Boys - Stage 5 Run	2008/09		Gr 9 Boys - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
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	Gr 9 Boys - Sit ups - 1 min	2008/09			Gr 9 Boys - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>			<u>Name</u>	<u>Number</u>	
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	Gr 9 Girls - Stage 1 Run	2008/09			Gr 9 Girls - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1				1	Shenjoy Nand	5:05	
2				2	Gagan Kainph	5:42	
3				3	Shaelyn Parenteau	6:06	
4				4	Paige Petsche	6:07	
5				5	Joy Castillo	6:07	
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	Gr 9 Girls - Stage 3 Run	2008/09			Gr 9 Girls - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
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	Gr 9 Girls - Stage 5 Run	2008/09			Gr 9 Girls - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Number</u>	
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	Gr 10 Boys - Stage 1 Run 2008/09			Gr 10 Boys - Stage 2 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Nathan Rogers-Tillstone	3:57	1	Sean Miyaoka	4:04	
2	Mark Bell	5:55	2	Alex Morris	4:05	
3	Bryon Storing	6:09	3	Edger	4:06	
4			4	Tyler Munroe	4:14	
5			5	Ethan Doucette	4:23	
6			6	Jackie Ly	4:26	
7			7	Brett Noulelett-Radermaker	4:27	
8			8	Brody	4:32	
9			9	Nick Knapman	4:34	
10			10	Nick Morrow	4:36	
	Gr 10 Boys - Stage 3 Run 2008/09			Gr 10 Boys - Stage 4 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
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	Gr 10 Boys - Stage 5 Run 2008/09			Gr 10 Boys - Push ups 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
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	Gr 10 Boys - Sit ups - 1 min	2008/09		Gr 10 Boys - Chin ups	2008/09	
	<u>Name</u>	<u>Numbe</u>		<u>Name</u>	<u>Numbe</u>	
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	Gr 10 Girls - Stage 1 Run 2008/09			Gr 10 Girls - Stage 2 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Hillary Nguyen-Don	4:03	1	Jessica O'Bray	5:27	
2	Viktory Tsimoshkina	4:22	2	Celine Bautista	5:31	
3	Brianne Wallace	4:24	3	Ashleigh Price	5:53	
4	Sonam Chandi	4:32	4			
5	Heather Thomson	4:33	5			
6	Megan McKillop	4:37	6			
7	Janie Alagar	4:41	7			
8	Arlyn Morzo	4:41	8			
9	Jillian Zanvasso	4:41	9			
10	Ashlei Monterio	4:41	10			
	Gr 10 Girls - Stage 3 Run 2008/09			Gr 10 Girls - Stage 4 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Hillary Nguyen-Don	6:18	1			
2	Elysha Wilgosh	6:30	2			
3	Brianne Wallace	6:48	3			
4	Viktory Tsimoshkina	6:53	4			
5	Rita Bevnal	7:14	5			
6	Jillian Zanvasso	7:20	6			
7	Sonam Chandi	7:32	7			
8	Arlyn Morzo	7:46	8			
9	Janie Alagar	7:48	9			
10	Casey Paulen	7:51	10			
	Gr 10 Girls - Stage 5 Run 2008/09			Gr 10 Girls - Push ups 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
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	Gr 10 Girls - Sit ups - 1 min	2008/09		Gr 10 Girls - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>	
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	Gr 11 Boys - Stage 1 Run	2008/09		Gr 11 Boys - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Nikki Laysen	3:51	1	Nikki Laysen	4:54	
2	Doug Penner	4:45	2	Doug Penner	5:51	
3	Jason Wong	4:57	3	Jason Wong	6:08	
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	Gr 11 Boys - Stage 3 Run	2008/09		Gr 11 Boys - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
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	Gr 11 Boys - Stage 5 Run	2008/09		Gr 11 Boys - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
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	Gr 11 Boys - Sit ups - 1 min	2008/09		Gr 11 Boys - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>	
1	Milode Khwaja	65	1			
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	Gr 11 Girls - Stage 1 Run	2008/09		Gr 11 Girls - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Kirsten Ball	4:51	1	Kirsten Ball	5:31	
2	Katy Morse	5:07	2	Katy Morse	5:53	
3	Sharon Pham	5:09	3	Sharon Pham	6:13	
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	Gr 11 Girls - Stage 3 Run	2008/09		Gr 11 Girls - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
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	Gr 11 Girls - Stage 5 Run	2008/09		Gr 11 Girls - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
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10			10			
	Gr 11 Girls - Sit ups - 1 min	2008/09		Gr 11 Girls - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>	
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	Gr 12 Boys - Stage 1 Run	2008/09		Gr 12 Boys - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Elijah Williams	2:59	1	Elijah Williams	3:44	
2	David Sevdianishvili	3:13	2	Brent Melanson	4:09	
3	Leon Chahine	3:19	3	David Sevdianishvili	4:12	
4	Brent Melanson	3:21	4	Leon Chahine	4:21	
5	Daniel Otchere	3:23	5	Daniel Otchere	4:24	
6	Prince Ogunniyi	3:27	6	Prince Ogunniyi	4:29	
7	Kelvin Gonzales	3:28	7	Kelvin Gonzales	4:48	
8	Alexis Maliksi	3:29	8	Cole Pollock	4:54	
9	Nick Vigner	3:44	9	Nick Vigner	4:55	
10	Alex Gybels	3:48	10	Jay Bulahan	5:00	
	Gr 12 Boys - Stage 3 Run	2008/09		Gr 12 Boys - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>	
1	Kelvin Gonzales	5:14:00	1			
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	Gr 12 Boys - Stage 5 Run	2008/09		Gr 12 Boys - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>	
1			1	Josh Beattie	69	
2			2	Jameson Le - Strain	60	
3			3	Jay Bulahan	59	
4			4	David Sevdianishvili	58	
5			5	Jason Ko	57	
6			6	Satinder Virk - Strain	54	
7			7	Leon Chahine	49	

8			8	Gerald Asia - Strain	40
9			9	Phillipe Bui - Strain	40
10			10	James Nguyen - Strain	40
	Gr 12 Boys - Sit ups - 1 min	2008/09		Gr 12 Boys - Chin ups	2008/09
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>
1	Josh Beattie	69	1	Leon Chahine	15
2	David Sevdianishvili	63	2	Nick Vigner	14
3	Prince Ogunniyi	60	3	Jay Bulahan	10
4	Jas Sidhu	57	4	Alexis	9
5	Nick Vigner	53	5	Daniel Otchere	8
6	Adam Smith	53	6	Prince Ogunniyi	7
7	Kyle Anderson	52	7	Alex Gybels	6
8	Kelvin Gonzales	52	8	Adam Smith	5
9	Daniel Otchere	50	9	Kelvin Gonzales	3
10	Andrew Kasseberri	50	10	Ahmed Warsame	1
	Gr 12 Boys - Beep Test	2008/09			
	<u>Name</u>	<u>Number</u>			
1	James Nguyen	12			
2	Greg Newman	11			
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	Gr 12 Girls - Stage 1 Run	2008/09		Gr 12 Girls - Stage 2 Run	2008/09
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Gina Carpenter	3:20	1	Gina Carpenter	4:31
2	Dana Grebenski	3:53	2	Larissa Nelson	4:56
3	Larissa Nelson	4:03	3	Dana Grebenski	4:57
4	Katrin Licas	4:13	4	Katrin Licas	5:40
5	Patricia Buenaventura	4:40	5	Patricia Buenaventura	5:45
6	Joanne Miyaoka	4:44	6	Joanne Miyaoka	7:11
7	Samantha Molloy	5:06	7	Samantha Molloy	7:40
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	Gr 12 Girls - Stage 3 Run	2008/09		Gr 12 Girls - Stage 4 Run	2008/09
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Gina Carpenter	5:02	1		
2	Katrin Licas	6:40	2		
3	Patricia Buenaventura	7:02	3		
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	Gr 12 Girls - Stage 5 Run	2008/09		Gr 12 Girls - Push ups	2008/09
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>
1			1	Gina Carpenter	56
2			2	Samantha Molloy	31
3			3	Joanne Miyaoka	26
4			4	Ramandeep Gill - Strain	25
5			5	Ravinder Gill - Strain	25
6			6	Jacquelyn Percival - Strain	16
7			7	Joanne Floreza	15

8			8	Shayleen Marcoux - Strain	14
9			9	Katrin Licas	13
10			10	Dana Grebenski	11
	Gr 12 Girls - Sit ups - 1 min	2008/09		Gr 12 Girls - Chin ups	2008/09
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>
1	Gina Carpenter	63	1		
2	Dana Grebenski	51	2		
3	Ravinder Gill	48	3		
4	Ramandeep Gill	45	4		
5	Katrin Licas	42	5		
6	Joanne Floreza	41	6		
7	Samantha Molloy	33	7		
8	Patricia Buenaventura	31	8		
9	Joanne Miyaoka	21	9		
10			10		
	Gr 12 Girls - Beep Test	2008/09			
	<u>Name</u>	<u>Number</u>			
1	Ramandeep Gill	9.4			
2	Ravinder Gill	8.1			
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